

## **CORE MAX DETOX SYSTEM**

### Step-By-Step Instruction Guide

#### **Welcome!**

This detox program is designed to gently open your body's natural drainage pathways, eliminate waste, support adrenal health, and promote whole-body wellness. To get the best results, follow each phase in order.

#### **PHASE 1 — Drainage & Preparation (Days 1–12)**

- *Kidney • Adrenal • Lymphatic*

Purpose: Get your detox pathways open so your body can safely release waste.

#### **How to Take:**

- Boil 16 ounces of water (preferably distilled)
- Once boiling, remove from heat
- Add **1 teaspoon each** of Kidney, Lymphatic, Adrenal herbs into the hot water or a tea bag if you have one
- Cover and let steep for at least 30 minutes
- Strain (if not using a tea bag) and drink the tea in its entirety
- Drink **3 times a day** (morning, afternoon, evening) but at least twice a day

#### **PHASE 2 — Parasite Cleanse (Days 13–24)**

*Blood • Liver • Parasite*

#### **How to Take:**

- Boil 16 ounces of water (preferably distilled)
- Once boiling, remove from heat
- Add **1 teaspoon each** of blood, liver, parasite herbs into the hot water or a tea bag if you have one
- Cover and let steep for at least 30 minutes

- Strain (if not using a tea bag) and drink the tea in its entirety
- Drink **3 times a day** (morning, afternoon, evening) but at least twice a day

### **PHASE 3 — (Days 25-31)**

*Gut • Heavy Metal*

#### **How to Take:**

- Boil 16 ounces of water (preferably distilled)
- Once boiling, remove from heat
- Add **2 teaspoons each** of gut and heavy metal herbs into the hot water or a tea bag if you have one
- Cover and let steep for at least 30 minutes
- Strain (if not using a tea bag) and drink the tea in its entirety
- Drink **3 times a day** (morning, afternoon, evening) but at least twice a day

#### **Seamoss, Bladderwrack, Burdock Capsules:**

- Take 2 capsules daily

#### **What You May Feel during detoxing**

- Gas/bloating as the body clears itself
- Increase in bathroom trips
- Detox symptoms (headaches, nausea, tiredness)

## **IMPORTANT REMINDERS**

- Complete detox on an all-fruit diet or a fruit and vegetable diet to get the greatest benefits
- Always listen to your body, you may have detox symptoms, but you should still be able to do your daily activities
- Not recommended for pregnant/breastfeeding individuals.
- Do not take the same jar of herbs for more than 2 weeks straight

## **MISCELLANEOUS INFORMATION**

- It's ok to make enough tea to last you the entire day, just double or triple all of the ingredients depending on how much you are trying to make
- You may finish one jar before the other, just double the herbs that's left from the remaining jar.
- You may finish a phase early, move to the next phase

## **AFTER YOU COMPLETE ALL PHASES**

What You Should Notice After Completing Detox

- Improved energy
- Reduced inflammation
- Better mood + focus
- More clarity and better mood
- Smoother digestion
- Overall improvement in how you feel overall

I recommend the core detox (12 day detox) every **three months**

**Thank You for Choosing Eternal Peace Herbs**

Your wellness matters, and we're honored to walk with you on your journey. Take your time, give your body grace, and let each phase do its work.